



ActivFit Physiotherapy
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Shoulder Strength Rehabilitation

Theraband activation

- Yellow/red/blue/silver/black
- Planar then rotation exercises in increasing elevation

Shoulder Blade

- 1 minute

FitBall

- pushups – single leg/rotate hand positions – x30 max
- plank rollouts
- knees single arm rollouts

Med Ball

- arm length front squats
- lunges above head/infront
- situps extended arms
- russian twists - double to single leg
- straight chops and diagonal chops – double to single leg
- circles each way and figure eights
- squat press throws
- single arm push and catch
- on knees press throws to push up
- squat start throws and running
- overhead back toss

Clap Pushups

- hands straight, in/out

Chin Ups

- narrow 3 sets 10-12-15-20

Slosh Pipes

- wide to narrow grip, light to heavy
- bicep curls
- military press
- standing rotations
- side tipping
- squats

Advanced Gym Strength

No heavy 1-3 shoulder RMs – sets of 15-12-8

No heavy deadlifts

No behind heads

Ensure **Scapula** activation and contributing to 30-40% movement

1-2 **pull** motions to 1 push motion

Cable Pulls

- front / back / rotational

Front squats

Flys front full / side to 100 degrees

Cleans

- power clean
- clean and multiple press

Snatch (light bar only)

- power snatch (half knee bend)
- snatch to split lunge
- snatch to squat repeats

Combined or Compound exercises (light bar)

- press + split lunge
- front row + split lunge
- hang clean + split lunge
- hang clean – press – split lunge